

# **fitness and sports challenge**

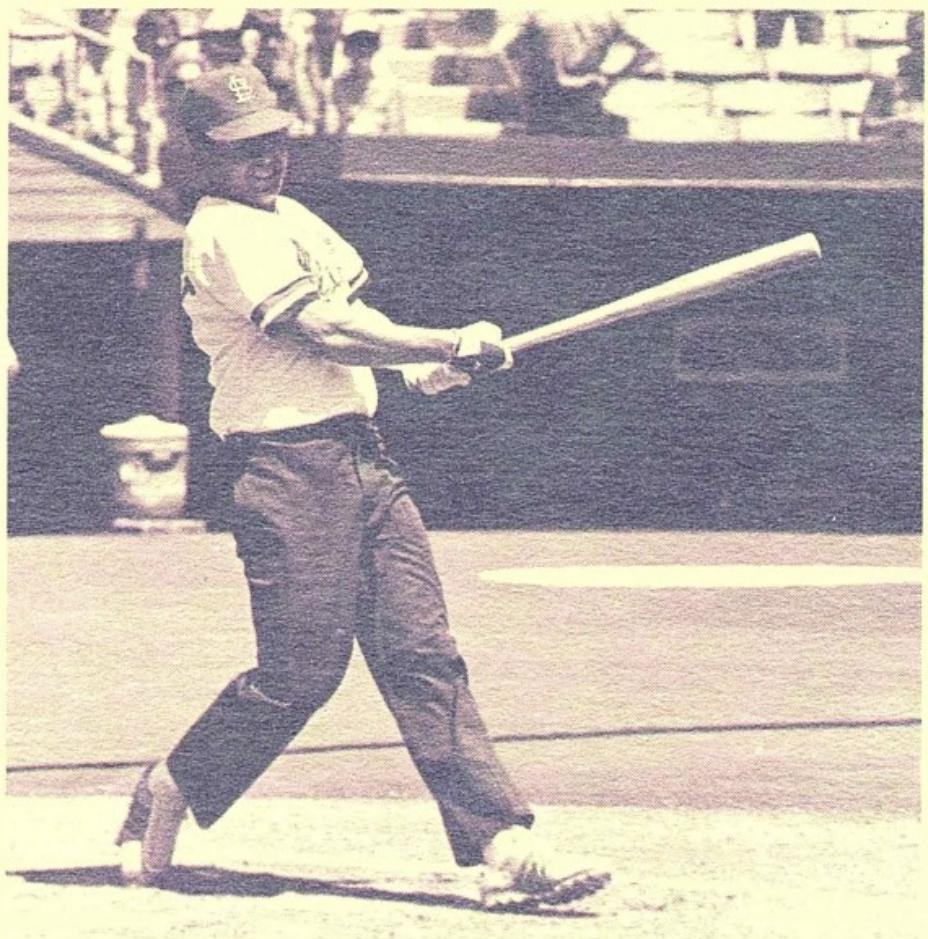


Getting fit is difficult.  
Staying fit even more difficult.  
Especially when it is often  
done alone.  
.... without applause  
.... without medals  
.... without recognition.

Now Governor John Ashcroft  
wants to recognize Missourians  
who make fitness and sports  
a regular part of their lives.

"It is my pleasure to challenge  
Missourians of all ages to earn the  
Governor's Fitness and Sports  
Award. This program features  
requirements for 44 different fitness  
and sports activities. Select one of  
the activities listed in this brochure,  
record your accomplishments on  
the attached activity log, and  
mail your log to my Council on  
Physical Fitness and Health.

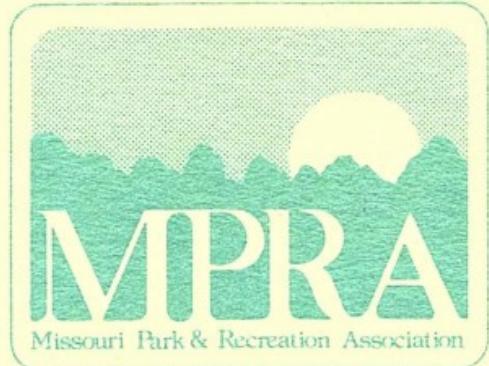
"I will send you a certificate of  
recognition for your achievement.  
As the Olympic Creed says,  
'the most important thing is not  
to win but to take part.'  
That is what the Governor's  
Fitness and Sports Award  
is all about.



"Everyone who participates  
is a winner!"

  
John Ashcroft  
Governor

Sponsored by



Funded by:

Life Insurance Association  
of Missouri

Governor's Council on Physical  
Fitness & Health

Missouri Park & Recreation  
Association

**You must complete the requirements within a four month period.**

**You may also earn your certificate by completing half the requirements of three different activities.**

## **Fitness Activities**

### **BICYCLING**

Bicycle a minimum of 600 miles (more than 5 gears); or bicycle a minimum of 400 miles (5 or fewer gears). No more than 12 miles in any one day may be credited to total (more than 5 gears); no more than 8 miles in any one day may be credited to total (5 or fewer gears).

### **JOGGING**

Jog a minimum of 125 miles. No more than 2½ miles in any one day may be credited to total.

### **ROWING**

Row a rowboat a minimum of 50 miles; or row a wherry a minimum of 100 miles; or row a shell a minimum of 120 miles. No more than 1½ miles in any one day may be credited to total (rowboat); no more than 3 miles in any one day may be credited to total (wherry); no more than 3½ miles in any one day may be credited to total (shell).

### **RUNNING**

Run a minimum of 200 miles. Run continuously for at least 3 miles during each outing. No more than 5 miles in any one day may be credited to total (longer runs are not discouraged, but miles counted toward 200-mile total must be spread over at least 40 outings). Average time must be 9 minutes or less per mile (27 minutes for 3 miles, 45 minutes for 5 miles, etc.).

### **FITNESS**

Participate a minimum of 50 hours in exercise activities. Exercise activities may consist of calisthenics, exercise or conditioning classes, fitness-dancing, rope jumping, workouts on apparatus, including stationary bicycles, rowing machines and treadmills, or a combination of any or all of these activities. No more than one hour of exercise in any one day may be credited to total.

### **SKIING (NORDIC)**

Ski a minimum of 150 miles. No more than 10 miles in any one day may be credited to total.

## **SWIMMING**

Swim a minimum of 25 miles (44,000 yards). No more than three-fourths of a mile (1,320 yards) in any one day may be credited to total.

## **WALKING**

Walk a minimum of 125 miles. Each walk must be continuous. No more than 2½ miles in any one day may be credited to total.

## **WEIGHT TRAINING**

Train with weights a minimum of 50 hours. No more than one hour in any one day may be credited to total. A workout must include at least 8 weight exercises, each performed a minimum of 10 times.

# **Sports Activities**

## **ARCHERY**

Shoot a minimum of 3,000 arrows. No more than 60 arrows in any one day may be credited to total. Minimum target distance is 15 yards. In field or roving archery, there should be 14 different targets, each at 15 or more yards.

## **BACK PACKING**

Back pack for a minimum of 50 hours. No more than 3 hours in any one day may be credited to total. Weight of pack must be at least 10 percent of body weight.

## **BADMINTON**

Play badminton a minimum of 50 hours. No more than 1½ hours in any one day may be credited to total. Play must include at least 25 matches (best 2 of 3 games) of singles and/or doubles.

## **BASEBALL**

Play baseball and/or practice baseball skills a minimum of 50 hours. At least 15 of the 50 hours must be in an organized league or part of an organized baseball competition. No more than one hour in any one day may be credited to total.

## **BASKETBALL**

Play basketball and/or practice basketball skills a minimum of 50 hours. At least 15 of the 50 hours must be in organized league or tournament games. No more than one hour in any one day may be credited to total.

## **BOWLING**

Bowl a minimum of 150 games. No more than 5 games in any one day may be credited to total.

## **CANOE-KAYAK**

Paddle a minimum of 200 miles. No more than 7 miles in any one day may be credited to total.

**(continued)**

## **Sports Activities (cont.)**

### **CLIMBING**

Climb under Alpine-type conditions a minimum of 50 hours. No more than 3 hours in any one day may be credited to total.

### **EQUITATION**

Ride horseback a minimum of 50 hours. No more than one hour in any one day may be credited to total.

### **FENCING**

Practice fencing skills a minimum of 50 hours. No more than one hour in any one day may be credited to total. At least 30 of the 50 hours must be under the supervision of an instructor.

### **FIGURE SKATING**

Skate a minimum of 50 hours. No more than 1½ hours in any one day may be credited to total. Skating should include these elements: (a) figure eight work (patch); (b) free skating; (c) ice dancing.

### **FOOTBALL**

Play any form of football including flag or touch football and/or practice football skills a minimum of 50 hours. At least 15 of the 50 hours must be in an organized league or part of an organized football competition. No more than one hour in any one day may be credited to total.

### **GOLF**

Play a minimum of 15 rounds of golf (18 holes). No more than one 18-hole round a day may be credited to total. No motorized carts may be used.

### **GYMNASTICS**

Practice gymnastic skills and/or compete in gymnastics a minimum of 50 hours. No more than 2 hours in any one day may be credited to total. Practice must include work in at least one-half of the recognized events (2 of 4 for women and girls, 3 of 6 for men and boys). Participate in at least 4 organized competitions.

### **HANDBALL**

Play a minimum of 150 games. No more than 4 games in any one day may be credited to total.

### **HORSESHOES**

Pitch a minimum of 200 walking games or 250 partners games. No more than 5 games in any one day may be credited to total.

### **ICE SKATING**

Skate a minimum of 200 miles. No more than 6 miles in any one day may be credited to total.

## **JUDO**

Practice judo skills a minimum of 50 hours. At least 30 of the 50 hours must be under the supervision of a qualified teacher. No more than one hour in any one day may be credited to total.

## **KARATE**

Practice karate skills a minimum of 50 hours. At least 30 of the 50 hours must be under the supervision of a qualified instructor. No more than one hour in any one day may be credited to total.

## **ORIENTEERING**

Run a minimum of 100 miles. No more than 2½ miles in any one day may be credited to total. Participate in at least 4 orienteering events and locate at least 25 checkpoints within the time allotted.

## **RACQUETBALL**

Play a minimum of 150 games. No more than 4 games in any one day may be credited to total.

## **RIFLE**

Fire a minimum of 2,500 rounds. No more than 50 rounds in any one day may be credited to total. Minimum target distances are 33 feet for air rifles, 50 feet for .22 rimfire rifle and 100 yards for centerfire rifle. All shooting practice must be under safe, regulation conditions.

## **ROLLER SKATING**

Skate a minimum of 50 hours. No more than 1½ hours in any one day may be credited to total.

## **RUGBY**

Play rugby or practice rugby skills a minimum of 50 hours. At least 30 of the 50 hours must be under the supervision of a coach. No more than one hour in any one day may be credited to total.

## **SAILING**

Sail a minimum of 50 hours (practice and/or competition). No more than 2½ hours in any one day may be credited to total.

## **SCUBA—SKIN DIVING**

Skin or Scuba dive or train for diving a minimum of 50 hours. No more than one hour in any one day may be credited to total. Total time must include at least 15 logged dives on 15 separate days under the Safe Diving Standards of one of these groups: National Association of Skin Diving Schools, National Association of Underwater Instructors, Professional Association of Diving Instructors, National YMCA, or Underwater Society of America.

## **SKEET—TRAP**

Fire at a minimum of 1,250 standard trap or skeet targets. No more than 25 targets in any one day may be credited to total. All shooting must be on regulation range under safe, regulation conditions.

## **SKIING (ALPINE)**

Ski a minimum of 50 hours. No more than 3 hours in any one day may be credited to total.

## **SOCER**

Play soccer or practice soccer skills a minimum of 50 hours. At least 30 of the 50 hours must be under the supervision of a coach or official. No more than one hour in any one day may be credited to total.

## **SOFTBALL**

Play softball or practice softball skills a minimum of 50 hours. At least 20 of the 50 hours must be in organized league or tournament games. No more than one hour in any one day may be credited to total.

## **SQUASH**

Play squash a minimum of 50 hours. No more than 1½ hours in any one day may be credited to total. Total must include at least 25 matches (3 of 5 games) of singles and/or doubles.

## **TABLE TENNIS**

Play table tennis a minimum of 50 hours. At least 20 of the 50 hours must be in organized league or tournament play. No more than one hour in any one day may be credited to total.

## **TENNIS**

Play tennis a minimum of 50 hours. No more than 1½ hours in any one day may be credited to total. Total must include at least 25 sets of singles and/or doubles (tie-break rules may apply).

## **VOLLEYBALL**

Play volleyball or practice volleyball skills a minimum of 50 hours. At least 10 of the 50 hours must be in organized league or tournament games. No more than one hour in any one day may be credited to total.

## **WATER SKIING**

Water ski a minimum of 50 hours. No more than 2 hours in any one day may be credited to total.

The Governor's Fitness and Sports Award requirements were adapted from the Presidential Sports Award standards.

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Persons over the age of 35 should check with their physician before participating in any physical activity.

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## Activity Log

I have completed the requirements for

### Name of Fitness/Sport Activity



Name \_\_\_\_\_

Please Print or Type

Sex \_\_\_\_\_

Age \_\_\_\_\_

Signature \_\_\_\_\_

## Address

State \_\_\_\_\_ Zip Code \_\_\_\_\_

**Governor's Fitness and Sports Award**  
**Governor's Council on Physical Fitness & Health**  
**Post Office Box 809**  
**Jefferson City, Missouri 65102-0809**

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proper  
postage